



POST ABLATION/PHLEBECTOMY INSTRUCTIONS

- The day of surgery and the following day, relax and keep your leg elevated as much as possible. Walk for 5 minutes every hour during the day.
- In the morning, you may remove the compression dressings and may take a shower. Put your compression stockings on and wear it when you are up and around. You do not have to sleep in your compression stockings.
- Wear the compression stockings for 1 week while you are up and around during the day only.
- **Take Ibuprofen 600 mg three times a day with food for one week. If you can't tolerate Ibuprofen, try Aleve 2x/day for one week. This is prescribed for the inflammation the laser causes. If you do not take your medications as instructed, you may have pain days after your procedure.**
- A small amount of oozing is normal. You can reinforce your own dressing. Re-wrap the outer dressing 'ACE wrap,' if you feel it is too tight.
- Wait at least one week before resuming vigorous exercising. Walking is fine. Judge this according to how you feel. You will have some discomfort, especially after a phlebectomy.
- For phlebectomy procedures, wait at least 1 week before getting into a public hot tub or pool.
- Incisions may be closed with sutures, steri-strips, or surgical glue. If you have sutures, they will need to be removed in 2-3 days by the nurse.
- You may have bruising; should go away in 1-2 weeks.
- Dermaka cream 3 times a day will help with bruising and promote healing. **Visit www.dermaka.com for more information.**
- You may develop superficial thrombosis (trapped blood), which is common and will resolve over time.
- **Spider veins are not covered by insurance. Sclerotherapy sessions are \$350.00 for 20 minute sessions.**
- Return for you scheduled appointment on _____

- **If you have ANY questions or concerns, please call the nurse.**

- **Port St. Lucie: 772-335-3550**
- **Palm Beach Gardens: 561-694-9493**
- **Stuart: 772-219-2777**

